HEALTHY HABITS FOR HEALTHY LIFE

Youth Exchange

LARNACA, CYPRUS
27 SEPT. - 05 OCT. 2023

YOUTH BOARD OF CYPRUS

Erasmus+

ΣΩΜΑΤΕΙΟ ΔΡΟΜΕΩΝ ΚΥΠΡΟΥ
35 Χρόνια Ζωής και Προσφοράς
1987-2022
«ΠΕΡΙΚΛΗΣ ΔΗΜΗΤΡΙΟΥ»

Project Summary:

Sports play a crucial role in the personal development and team building of young people. They offer numerous benefits, including fostering active participation, encouraging youth to join teams, and improving their social skills. By actively participating in a team or group, young individuals learn the importance of respecting others and following game rules to contribute to their team's success. Engaging in teams and sports equips youth with valuable skills and competencies such as social and communication skills, as well as the ability to learn and adapt.

The project focuses on promoting a healthy lifestyle due to the increasing number of diseases and health problems caused by poor nutrition and lack of physical activity.
Our aim is to inspire young people to adopt healthy habits that protect and enhance their well-being, benefitting their families and the environment. We strongly believe that sports are a powerful tool for social inclusion and fostering a healthy lifestyle among young people. Sports have the ability to bring together individuals from diverse cultural, social, and economic backgrounds through their universal rules.

During the youth exchange, participants will have the opportunity to experience and discuss the impact of sports on inclusion, sustainable development, health, empowerment, education, and equality. Through active involvement in various sports and outdoor activities, as well as exchanging perspectives and experiences from different countries, participants will gain a deeper understanding of how sports can positively influence these areas.

Project details:

Venue: Pervolia, Cyprus

Youth exchange Dates: 27 Sept. - 05 Oct. 2023

APV Meeting: 30/06 - 02/07 (1 group leader per country)

Number of Participants: 7 participants + 1 group leader

Age: Between 18-30 years old. No age limit for the group leader

Participant Countries: Cyprus, Greece, Spain, Italy, Slovakia

Language: English

Participants profile:

- Youth aged between 18-30
- Have a good or basic level of English
- Be interested in the topic and motivated to learn and share experiences with others
- Promote a positive attitude at the group level, active engagement, and teamwork.
- Gender balance and group diversity in terms of different social and cultural backgrounds should be taken into consideration

Team leaders will be responsible for their group and their needs, and will help facilitate the whole project by giving advice, coordinating communication between us, project organizers, and participants.

Travel Costs Reimbursement

The Youth Exchange is funded through the Erasmus+ programme. This means that accommodation, food, materials, programme activities, and travel costs (up to the amount indicated below) are fully covered.

The reimbursement for travel per country is:

Greece, Slovakia, Italy: 275€
Spain: 530€

- In order to receive reimbursement, please keep **ALL** original documents of transportation (invoices, tickets, boarding passes, etc.).
- The money will be reimbursed via bank transfer after submitting all the original documents, upon completion of the Mobility Tool+ by group leaders.

Please note:

- Only the cheapest means of transport/fares are subject to reimbursement
- The following costs will **NOT** be covered by the project's budget: Taxi, Personal Car, Parking, Personal Costs
- Your trip must start from your home country
- Please **DO NOT** buy your tickets without having prior confirmation from the coordinator.

- There is a participation fee of **20 EUR** to cover additional costs and 2-day trips to other cities in Cyprus.

Venue

Location - Accommodation

- The participants will be accommodated in the Journalist Village in Pervolia (Larnaca City). It is located right next to the beach and the apartments are fully equipped with a private bathroom, kitchen with fridge, and air conditioning.

- The venue consists of small flats with 1 or 2 bedrooms. Each flat can accommodate 4-6 people.

- At the venue, there is a large activity room, where all the workshops will take place, and a restaurant called Enalia, where all the meals of the day will be served, as well as snacks during the coffee break.

Address: Makarios avenue 9, Journalistic Village, Pervolia 7560 Cyprus

Note that: We can provide the accommodation and food only on the indicated in the invitation dates, any additional days the participants need to take care of on their own.

Traveling to Cyprus:

- Larnaca airport is the nearest to the venue. Cyprus has a second airport situated in Paphos, however, transportation between Paphos and the venue is more difficult.

- **Note that**: Ercan is an airport in the Northern part of Cyprus, and the European Union cannot cover travel expenses between any country and that airport. Therefore, we are asking you to book your flights with the cheapest flights from one of the 2 legal airports in Cyprus (Larnaca and Paphos).

Coming to the Venue:

More info will be given during the APV

Safety and Health Information

Health Insurance:

It is recommended for all participants to provide their own health insurance.
We do encourage to issue at least European Health Insurance Card (EHIC) or an Additional Travel Insurance.

What to bring:

- All original tickets and boarding passes, passports etc.
- European Health Insurance Card (EHIC)
- Personal Medication
- Mosquito repellent
- Material and National Products for the Intercultural Nights
- Comfortable clothes and shoes
- Personal care products (such as shower gel, shampoo, comb, hair dryer etc.)
- Sunscreen, swimsuit, beach towel
- Power adaptors (Cyprus has the 240 Volt/50Hz, with 3-pin electricity plus socket)
- Information about your country and your home organization (books, brochures, posters, postcards, video, music, etc.)

And above all bring joy and lots of positive energy !!

Contacts:

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SEE YOU IN CYPRUS!